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# Light shines on Metro Line

## TRANSIT

### Concerns about safety, missed deadlines arise at meeting



**Braeden  
Jones**  
Metro|Edmonton

In June, as Thales Canada tested its Metro Line signalling system, a glitch in the machine nearly caused Edmonton's entire LRT to grind to a halt.

The revelation is one of several to emerge Monday at a special council meeting to discuss the administration's push to open the long-delayed line using slower speeds and without Thales' signalling.

The meeting painted a picture of a company unable to meet deadlines or prove safety claims.

In March, Thales claimed the Metro line was "safe" to open. The city asked for safety documentation, but Thales didn't have it all.

Then, during continued testing of the Thales signals in June, a malfunction almost caused the full LRT system to fail, according

to a city report released Monday.

Between the interim service, launching Sept. 6, and a full opening — no timelines have been set — the city's engineer, Hatch Mott MacDonald, and the newly retained Rail Safety Consultants, will need to endorse Thales' safety documents.

But those still aren't ready.

Mayor Don Iveson said the scrutiny the city's applying to

the Metro Line has been "like nothing we've ever seen before," but added it's appropriate given problems with Thales.

"Thales can say it's safe, but it has to be independently verified," Iveson said. "The faster they cooperate, the faster we can sign off, the faster we can all move forward into full service."

While administration blamed Thales' Communication Based

Train Control signalling system for delays, Transportation Manager Dorian Wadzura also said a split contract, which separated the civil construction from signalling, was one of the line's biggest problems.

Iveson said he still has questions about what went wrong, internally, most of which could be answered at next week's audit committee meeting.

[illegible]

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**Randy Boissonnault stands in the Edmonton Centre riding he hopes to win. Inset: Michael Ritter, who was sentenced in 2006 to 10 years in prison.**

TIM QUERENGESSER/METRO; INSET: THE CANADIAN PRESS FILE

## Candidate sets record straight

**ELECTION 2015**

### Liberal had had run-in with notorious city figure

**Ryan Tumilty**  
Metro | Edmonton

It's the morning rush to work on Jasper Avenue and Randy Boissonnault is shaking hands and offering coffee to commuters on the sidewalk.

It's all part of the biggest job interview of his life: the aspiring Liberal Party candidate in Edmonton Centre is trying to win voters in a tightly contested riding.

But it's a job interview he went on almost 20 years ago that's on Boissonnault's mind today. That interview, with one of the city's most notorious figures, has Boissonnault coming forward to make sure the record is clear, and so "people understand the context."

Flash back to 2006: Michael Ritter, a former chief counsel of the legislature, is convicted and sentenced to 10 years in jail, though he is paroled just 18 months later.

His wealth management business, Newport Pacific Financial, was revealed as little more than a Ponzi scheme that has defrauded investors including many Ed-

monton residents of millions, and his carefully curated facade is falling apart.

Much of his education and previous job experience is exposed as a fabrication — he worked as the chief counsel to the legislature despite not having a law degree.

Now, flash farther back, to 1996: That's when a young Randy Boissonnault takes a job with Newport.

"When I look back I wondered if there were any cues that I could have picked up on that this was a fiction," Boissonnault said.

The Liberal candidate said he worked in a different part of Ritter's company and had no involvement with the illegal side of the operation.

RCMP interviewed him and agreed — he was never charged.

"My job was to work on the part of the business that worked with businesses looking to expand internationally.

"He wanted someone to help with the marketing side of things, needed help with the brochures, with the website."

Boissonnault left the company two years before the RCMP came knocking on Ritter's door and he said he was shocked when the

charges came.

"I was horrified," he said. "I learned about it in the newspapers like everybody else."

He said he scanned the articles, looking for names of companies or people he worked with but didn't find any. He also conceded he's disappointed he didn't see Ritter for what he was.

"His entire adult life was a fiction and he fooled many hundreds of people."

He said he doesn't expect his background to come up in the campaign, but if it does, he also expects voters to put it in context.

"People in Edmonton Centre are smart and I think they will be able to make their own assessment of whatever candidates are going to do."

Dave Cournoyer, a political blogger who documented the Ritter trial, doubts the Ponzi-scheme story will have an effect on Boissonnault's campaign.

"I am not sure anybody actually remembers that or if it will be a big issue in this campaign," he said.

Boissonnault said the experience makes him "alert to make sure the pieces fit."

"It has to not just appear right, it has to feel right."



**When I look back I wondered if there were any cues that I could have picked up on.**

Randy Boissonnault

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# 4 THINGS WE COULD FIX TO MAKE CYCLING SAFER

The City of Edmonton has been revamping its active transportation strategy, and controversially removed painted bike lanes recently. In some cases, like with the planned multi-modal corridor project on 102 Avenue, the city will implement protected, signalized bike lanes. But is it enough? Metro asked a professional cyclist — bike courier Franky Thibaudeau — if he liked that plan, and what else he would put on a wish list to improve cycling in downtown Edmonton. **BRAEDEN JONES METRO**



An over-full bike rack at the downtown library. BRAEDEN JONES/METRO

## 1 More bike racks — everywhere

They definitely need more places to lock up ... I've been doing this for six years and for so long there was just poles, which some you can't even get your lock around. They've put some (more bike racks) in but there is still a severe lack of places for cyclists to lock up to, just everywhere.

## 2 One-way streets

Honestly I'd put one-ways. One-way traffic helps flow the city a lot better. I know people here seem to have a huge hate-on for it but every city I've ridden in with one-ways, everything flows so much smoother. When you go to turn, you only have to worry about traffic in one direction, which is so much easier.



BRAEDEN JONES/METRO

## + 102 PLAN

**The city got this right Metro:** So, the multi-modal 102 plan, how do you like that?

**Franky:** I think 102 is one of the main drags for cyclists going through downtown, so it's great what they are doing there. The protected lane separates you from the other vehicles, which is good depending on your comfort level in riding with traffic.

METRO



COURTESY CITY OF EDMONTON

## 3 City-led awareness campaigns

More driver awareness is totally needed, that's the biggest thing. You're going to turn left and you're stopped and you'll get people in your lane passing you going 40 km/h. If a car or motorbike was stopped to turn, traffic behind them would stop. But on a bike people feel the right to blast past you when you're in the most vulnerable position.



Franky Thibaudeau with his daily ride outside one of his frequent downtown stops.

BRAEDEN JONES/METRO

## 4 More protected bike lanes

Protected bike lanes can help. For guys like me it's not so bad, but for your average commuter being around traffic can be nervewracking, especially if you're not used to it. So having some separated bike lanes will definitely help with that, just keeping you a bit separated from the rest of traffic.



Protected bike lanes in Calgary METRO FILE

## CLAREVIEW

# Crime takes a recreation break as police calls drop



**Ryan Tumilty**  
Metro|Edmonton

After a worrying spike in crime at the Clareview recreation centre in the first part of the year, calls for police

to the centre have tumbled 50 per cent in the last two months.

City councillors reviewed numbers from Clareview and other city rec centres at a meeting Monday and Coun. Mike Nickel said he is concerned that so much criminal

activity seems to be taking place at the facilities.

"The trend lines I'm seeing overall and the trend lines we know from policing are going up," he said.

In the first half of 2015 there were 548 calls for police at city rec centres,

more than took place in all of 2014.

Nickel said in addition to the high costs of running the recreation centres, he doesn't want the city to see a high cost of policing them.

Coun. Tony Caterina, who represents the area, said all

of the city's new centres have gone through waves like this and he is glad to see Clareview's numbers are on the decline.

He said the public has to take some responsibility for this by making sure their valuable are locked.

"This report certainly showed as well that we need much more public education on this," he said.

The city report said that more staff training and new security measures have helped bring the numbers down substantially.





Edmonton Oilers 2015 first round pick Connor McDavid is looking forward to kicking off the upcoming NHL season and hopes to boost the team's momentum. JASON FRANSON/THE CANADIAN PRESS

# Chemistry sparks for McDavid, Hall

## OILERS

### Top draft pick impresses star teammate at first sight

Connor McDavid is finally playing with his Edmonton Oilers teammates — well, two of them.

The No. 1 overall pick in the 2015 NHL Draft joined Oilers teammates Taylor Hall and Darnell Nurse on Monday at a practice for a pre-season mini-tournament in midtown Toronto. It was the first time future linemates Hall and McDavid skated together, and the young centre's skills were immediately apparent to the Edmonton left-winger.

"He's got a lot of foot speed," said Hall. "He seems to glide faster than most guys skate

in full speed. It's fun to be out here with him. Fun to hang around him and hopefully make him feel more comfortable for what he's got in store."

McDavid was taken first overall by the Oilers on June 26 after dominating the Ontario Hockey League. He scored 44 goals and added 76 assists during the regular season for the Erie Otters despite missing time with a broken hand. McDavid was even better in the playoffs, averaging more than two points a game with 21 goals and 28 assists in 20 games.

Like Hall, McDavid was impressed by his new teammate's speed.

"It's very exciting to play with him," McDavid said. "Obviously, he's a great player and I got a better sense of how fast he is. You watch him on TV but it's a whole different story live."

Although Hall was the top selection at the 2010 NHL Draft,

he says there's no comparing his experience with that of the highly touted McDavid.

"He's been through so much already with all the hype that he's had to endure," said Hall. "I wasn't anywhere close to that. I was the first overall pick but at the same time it wasn't anything like what Connor's experiencing."

"Our job in Edmonton is not only to play well with him but make sure he's comfortable because that's going to allow him to play his best."

McDavid will have a familiar face on the Oilers in Nurse, a former junior rival.

Nurse and McDavid often tangled with each other in the OHL. Nurse, a defenceman with the Sault Ste. Marie Greyhounds, had a physical Western Conference final against McDavid's Otters, with Erie eventually winning in six games.

THE CANADIAN PRESS

## IN BRIEF

### Safeway urges consumers to discard cooked wings

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14.

The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario. THE CANADIAN PRESS

## COURT APPEARANCE

### Son of former MLA charged in drug bust

The son of a former British Columbia member of the legislature has been charged in a fentanyl bust in Calgary last month.

Kasimir Tyabji-Sandana, who is 27, is charged with one count of importing a controlled substance.

He made a brief appearance via closed circuit television in Calgary court on Monday. He will remain in custody until his next court appearance on Sept. 16. His lawyer is working on

setting a date for a bail hearing. Police intercepted a package marked as a muffler from China last month at Vancouver's International Mail Centre.

It was addressed to someone in Calgary and contained 122 grams of pure fentanyl, a synthetic opioid used primarily to treat severe pain.

Fentanyl is a growing concern across Canada as the number of deaths and overdoses from the drug continues to climb. THE CANADIAN PRESS

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# Voting booths due at U of A

## ELECTION

## Elections Canada aims for youth vote on campus



**Andrea Ross**  
Metro | Edmonton

For the first time ever, University of Alberta students will be able to vote on campus in this federal election as part of a pilot project by Elections Canada.

The U of A is one of 40 campuses across the country to have an elections office for the first time this year, a move aimed at boosting student participation in a vote to decide the country's leaders.

"We're really excited about it," students' union vice-president Dylan Hanwell said. "I think it's going to be a lot more accessible for students that are coming to campus every day for classes."

Being able to vote on campus will be especially conven-

ient for students attending university from out of town. Votes will be made by special ballot, meaning students can vote in the riding in which their home address is located.

Students will still need two pieces of identification, including one with their address on it.

Elections Canada offices will be located on campus from Oct. 5 to 8, Hanwell said.

In the 2011 federal election, just 38.8 per cent of eligible voters aged 18 to 24 cast their ballot. Alongside the pilot project, the U of A is working on other ways to increase student voter turnout, including a Get Out the Vote campaign with the goal of getting 7,500 students to register to vote. The campaign starts on Sept. 1, the first day of school.

"It's going to make students more aware of an election happening," Hanwell said. "I think we're definitely expecting an increased voter turnout."



**MORE LOCAL NEWS ONLINE**



The University of Alberta is one of 40 schools across Canada set to offer polling stations in this year's federal election. METRO FILE

## GASOLINE

## West walloped at pumps

Western Canada is being hit with the twin pains of the lowest prices for heavy crude in years alongside a significant spike in gasoline prices following a shutdown at a major U.S. refinery.

Much of Canada west of Ontario saw gasoline prices jump 15 cents a litre this week for one of the biggest increases on record, says Dan McTeague, a senior petroleum analyst at GasBuddy.com.

"The price jump was historical," said McTeague. "The last time we saw a jump of that magnitude was 12 cents around September 2008."

The spike in prices is being caused by the shutdown of a distilling unit at BP's refinery in Whiting, Ind.

The shutdown has taken out 240,000 barrels a day of production of the refinery's total capacity of more than 410,000 barrels.

Higher-than-usual demand for gas in the U.S. is also contributing, says McTeague.

THE CANADIAN PRESS

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Edmonton does currently have regulations covering model aircraft and rockets that could apply to drones. Council will take a look at the issue this fall. FABRICE COFFRINI/AFP/GETTY IMAGES FILE

# City considering rules for drones

## TECHNOLOGY

### Residents being asked where they stand on UAVs



Ryan Tumilty  
Metro | Edmonton

Flying drones in Edmonton could become more complicated, as the city is considering new regulations.

The city's latest insight survey is asking for residents' opinions on the use of drones in city parks. While the city does not have the ability to regulate what happens in the air — that's a federal jurisdiction — it can potentially create

bylaws about whether drones are allowed to take off from city parks.

City spokeswoman Cheryl Oxford said Edmonton is in the early stages of the idea and wants to know where the public stands.

"These questions are being asked only as part of our research on the topic. This information will help form part of our report to council on the topic this fall," she said in an email.

Oxford said drones are becoming more common, and that means it's something the city should consider.

"Given the growing popularity of drones, the report will help inform council about the current environment related to drones and explorations for potential policies on the topic," she said.

The city does currently have rules covering model aircraft and rockets that could apply to drones, but council will take another look at the issue this fall.

Chris Anderson, owner of UAV North, a commercial drone company in Edmonton, said it probably makes sense for the city to look at regulating drones.

"You do hear and see instances where people are doing things they shouldn't," he said, citing examples mostly in the United States.

He added he does hope the city won't make it onerous for commercial operators.

He said the technology only continues to improve, and drones will likely soon be fairly ubiquitous: "As the technology progresses, the price is just going to keep coming down."

## IN BRIEF

### Tooth Fairy gives more

The Tooth Fairy is particularly generous with Canadian kids this year, with each child receiving an average of \$3.44 per tooth — a 20 per cent increase from last year's payout.

In a survey done by Visa Canada, 30 per cent of kids will find a toonie under their pillow, 15 per cent will receive a \$5 bill and 12 per cent will get less than a loonie. Five per cent of kids stuff their piggy banks with more than \$20 per tooth. METRO

## TRADE

### Development pact signed with Missouri

A memorandum of understanding signed between Alberta and the state of Missouri is expected to promote economic development and trade, the Alberta government said Monday.

Signed by Premier Rachel Notley and Missouri Governor Jay Nixon during his visit to Alberta, the MOU opens doors for collaboration on economic development in agriculture, environmental policy, research and innovation.

Alberta's main exports to

Missouri include energy, wood products, plastics and chemicals. The province's exports to Missouri between 2010 and 2014 averaged \$630 million annually.

"This agreement strengthens Alberta's ties to an important trade partner," Notley said in a news release. "Enhancing trade and investment and sharing emerging research and information will be mutually beneficial to both jurisdictions."

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ELECTION 2015

# Dogged by trial, PM stays on message

Questioned relentlessly at every campaign stop about the fallout from the Mike Duffy trial, Stephen Harper refused Monday to be knocked off his double-barrelled core campaign message: economy and security.

The Conservative leader stressed the latter at a stop in Fredericton, where he promised to add 6,000 people to bolster the ranks of the Canadian Forces reserves.

Harper said the measure will cost \$163 million over three years and \$63.4 million going forward once the overall target of 30,000 personnel is reached.

NDP Leader Tom Mulcair, however, kept the Duffy affair on the front burner, saying Harper misled Canadians about the repayment of the disgraced senator's questioned expenses.

"What Canadians do take away is that their prime minister has not been forthcoming with them, because he's been saying one thing and its opposite, and expecting people to believe both can be true strains credibility," Mulcair said at a stop in Niagara Falls.

But the prime minister stuck to his script; the two people to blame are Duffy and Nigel Wright, Harper's former chief of staff, the star witness at Duffy's trial and the man who personally paid the embattled senator's questioned expenses.

Harper — ignoring evidence

that indicates a number of PMO staffers were aware of the arrangement — says Duffy and Wright were the two principal players and are the ones being held accountable.

"I do think that what's important for Canadians looking forward is going to be the two issues of this campaign: the economy of our country and our future prospects in the security of our country," Harper said.

"Those are the two issues, and this Conservative party is the only government that has answers."

Mulcair used tourist-friendly Niagara Falls to roll out a promise of \$30 million over three years to help Destination Canada attract more American visitors. He said the Conservatives have cut the Crown corporation's budget even as tourist numbers

have fallen. In Ajax, Ont., Trudeau promised a tax break for the middle class, saying those earning between \$44,700 and \$89,401 a year will see their tax rate fall to 20.5 per cent.

"We will raise taxes on the wealthiest one per cent of Canadians," Trudeau said.

The Conservatives have neglected the middle class, but that would end under a Liberal government, Trudeau told a crowd in Ajax, one of the vote-rich communities on the Toronto outskirts.

THE CANADIAN PRESS



Nigel Wright, ex-chief of staff to Prime Minister Stephen Harper, arrives at the Ottawa Courthouse on Monday to continue testifying in the trial of Sen. Mike Duffy, inset. FRED CHARTRAND/THE CANADIAN PRESS

## Semantics at centre of Wright testimony

### SENATE SCANDAL

### 'I don't feel it was a lie,' says former top aide

The definition of "lie" was tossed around during Sen. Mike Duffy's trial on Monday, all part of a scandal in which words are carefully chosen and their meanings parsed.

Nigel Wright, the prime minister's former chief of staff, was asked to explain to the court what he told his boss about a plan to have Duffy repay his Senate living expenses in 2013.

Duffy has pleaded not guilty to 31 charges of fraud, breach of

trust and bribery in connection with his Senate claims.

The "scenario" co-ordinated between senior aides in Stephen Harper's office and Duffy was to have the senator publicly admit he made a mistake with his expenses and promise to repay them.

Trouble is, Duffy was never going to repay the money himself, and several people around Harper knew that. Initially, in February 2013, the idea was to have the party cover the bill, as well as Duffy's legal expenses.

Wright has said he told Harper that Duffy would repay the expenses. In the end, it was Wright who would send Duffy a cheque for \$90,000.

### "I felt it wasn't on the list of things I needed to check with him."

Nigel Wright

Bayne asked Wright why he lied to the prime minister.

"I don't feel it was a lie; I felt it wasn't on the list of things I needed to check with him," Wright responded.

Bayne pressed on: "Duffy was not going to repay. Did you not think there was a difference between Duffy repaying and a secret repayment by Sen. (Irving)

Gerstein and others to have the (Conservative) fund repay?"

"I honestly didn't think it was that significant a difference," Wright replied. "The significant fact was that the expenses were going to be reimbursed and he wouldn't be claiming them anymore."

The veracity of Harper's public statements on the Duffy repayment and those of his spokespeople and cabinet ministers, continue to dog the Conservative leader on the campaign trail.

Harper told the Commons in June 2013, well after Wright's payment had come to light, that his former chief of staff had told no one in his office about his decision.

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# Dog 'prisoner of a different war'

## AFGHAN REFUGEE

### Actions of animal welfare organization to be reviewed

Sadie the herding dog survived the war in Afghanistan, only to be scooped up this summer by the Ontario Society for the Prevention of Cruelty to Animals (OSPCA) near North Bay, Ont.

Sadie took a roundabout route to end up in her Canadian situation. She was originally rescued from an Afghan war zone by U.S. Navy Seal Patrick Feeks.

Feeks shipped her 11,690 kilometres to his home in Columbus, Mo., with the help of Puppy Rescue Mission, a group that helps members of the military.

Sadie is a Sage Koochee, a breed known to be gentle to its owners and suspicious of strangers.

When she didn't get along with the Feeks' family pet, Sadie was shipped another 1,440 kilometres at Feeks' expense to The Laika Fund for Street Dogs, run by Rebecca Ashworth and her husband Randy on a 12-acre farm outside North Bay.

Feeks' plan was to reunite with Sadie once his tour of duty was over, but he was killed in a helicopter crash on Aug. 17, 2012.

Sadie was beloved by Feeks and the other soldiers who saved her, Ashworth said in a prepared statement.

"She had adopted his unit and followed them on patrols of up to 10 miles," Ashworth said. "She warned them of intruders,



Sadie is a Sage Koochee, extremely loyal to its pack but hard to integrate into new situations. TORSTAR NEWS SERVICE

showing them the loyalty she is full of."

Last month, Sadie made another trip after she was taken into custody by the Ontario Society for the Prevention of Cruelty to Animals.

Lynn Perrier of the animal welfare group Reform Advocates for Animal Welfare is crying abuse of power on the OSPCA's part after the organization seized Sadie and 70 other dogs. Perrier said there were no cleanup orders or charges for infractions given when the

**This nightmare is making us all ill, the intentional foot-dragging of the OSPCA is mentally and physically destroying us.**

Rebecca Ashworth, The Laika Fund for Street Dogs

dogs were seized.

"They complied with all orders that the OSPCA has ever given them," Perrier said.

"The Ashworths had promised to care for this beautiful dog for the rest of her life," Perrier said.

"Sadie is now a prisoner of a different war," Perrier said. "She is in a cage at an undisclosed location being kept from the Ashworths."

Alison Cross of the OSPCA said that there's an ongoing investigation into the treatment

of Sadie and the other dogs.

All of them are in OSPCA care except for one who was put down on the advice of a veterinarian, Cross said.

Perrier said the dog that the OSPCA killed was the Ashworth's family pet Elsa, who was 14 and suffered from cancer.

"They thought they would get another summer with Elsa before she was put down," Perrier said.

The action will be reviewed next week by the Animal Care

Review Board, Cross said.

"We did receive a complaint and we are doing an investigation," Cross said. "We were required to remove the animals, to remove them from the stress they were in."

Perrier said the Ashworths have a good reputation for animal care and that they have run a refuge for 20 years.

"No charges have been laid," Perrier said.

"They had 71 dogs but they also have a 12 acre farm," Perrier said, adding that 35 of those dogs were either waiting to be transferred to other rescues or adopters.

Ashworth said that Sadie was doing "wonderfully" in with them until she was seized last month.

"When some of the men in his unit adopted Sadie's babies and sent them home to the U.S., Patrick was determined that Sadie would not be left behind," Ashworth said.

"She is particularly fond of Randy and our son Mike, who with their beards, may remind her of Pat, whom she loved dearly," Ashworth said.

Rebecca Ashworth said that the seizure of the dogs has been devastating for her family.

The Ashworths don't know where Sadie and the other dogs are and can't visit them, Perrier said.

She said she fears the dogs have already been destroyed.

"Each of these dogs has a story, some extremely moving," Ashworth said.

"Half these dogs are family, not merely the playthings the OSPCA is using to torture us with."

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## IN BRIEF

**U.S. launches \$5-million initiative to combat heroin use**

The White House is launching a new \$5-million plan to combat heroin use and trafficking, particularly in states along the East Coast.

About half of the money will fund a program to link public-health and law-enforcement agencies, with the goal of prioritizing treatment for drug users over punishments. Monday's announcement comes amid a spike in heroin use and deaths in the United States.

The rise in heroin use has become a frequent topic in the 2016 presidential campaign. Democratic front-runner Hillary Rodham Clinton recently held a forum in New Hampshire on drug addiction, an issue she said voters have been frequently raising as she's campaigned in the early voting state.

THE ASSOCIATED PRESS

**Drunk New York man has his 10-year-old drive him home, police report**

Police say an upstate New York man had his 10-year-old drive his pickup truck while he was sitting in the passenger seat drunk.

The Times Union of Albany reports police in the Saratoga County town of Stillwater were contacted by a motorist on Saturday who saw the child driving the truck on Route 9P.

Police say officers pulled over the truck and found that the 10-year-old was behind the wheel while his father, 46-year-old John Barling of Saratoga Springs, was intoxicated in the passenger seat.

THE ASSOCIATED PRESS



A man reacts after an explosion rocked Thailand's capital city on Monday, killing at least 18 and injuring others. THE ASSOCIATED PRESS

# Bomb kills over a dozen in Bangkok

## Blast goes off during rush hour at shrine

A bomb exploded Monday within a central Bangkok shrine that is among the city's most-popular tourist spots, killing at least 18 people and injuring more than 100 across a hectic intersection surrounded by five-star hotels and upscale shopping malls.

With a powerful flash caught on security video and a boom heard blocks away, the blast from the improvised explosive device scattered body parts

across Ratchaprasong intersection, spattered blood, blasted windows and burned motorbikes to the metal. It exploded during evening rush hour as the area was filled with tourists, office workers and shoppers.

Pim Niyomwan is an English instructor working on the eighth floor of the building right next to the shrine. "The whole building just shook. My four students were hysterical," he said.

Video shortly after the blast depicts a scene of shock and desperation: people running for their lives and crying amid the debris; an emergency worker



**Suddenly there was a big boom, and the whole room just shook, like someone dropped a wrecking ball on top of our ceiling.**

Pim Niyomwan

in an ambulance, frantically pounding the chest of a victim.

No one immediately claimed responsibility for the bombing.

"Those who have planted this bomb are cruel," said national police chief Somyot Poompummuang. "They aim to kill because everyone knows that at 7 p.m. the shrine is crowded with Thais and foreigners. Planting

a bomb there means they want to see a lot of dead people."

At least 18 people were confirmed dead and 117 injured, according to the Narinthorn emergency medical rescue centre. The dead included Chinese and a Filipino, Somyot said.

Police said it was too soon to determine the motive.

THE ASSOCIATED PRESS

## INDONESIA

## Downed plane held cash for the poor

An airplane with 54 people on board that crashed in the mountains of eastern Indonesia was carrying nearly half a million dollars in government cash for poor families to help offset a spike in fuel prices, an official said Monday.

Smouldering wreckage of the Trigana Air Service turboprop plane was spotted from the air Monday morning in a rugged area of the easternmost province of Papua, rescue officials said. There was no immediate word of any survivors from Sunday's crash, which happened in bad weather.

Four postal workers aboard the plane were escorting four bags of cash totalling \$468,750 in government fuel aid, said Francis Haryono, the head of the post office in Jayapura, the provincial capital.

The ATR42-300 twin turboprop plane was flying from Jayapura to the city of Oksibil when it lost contact. Transportation Ministry spokesman Julius Barata said there was no indication that the pilot had made a distress call.

The cash from the Social Affairs Ministry was to be distributed among poor people in remote areas to cushion the jump in fuel costs, Haryono said.

"They were carrying those bags (of cash) to be handed out to poor people in Oksibil through a post office there," Haryono said.

President Joko "Jokowi" Widodo's administration raised fuel prices late last year and slashed government subsidies, a move the government says will save the country billions of dollars but has already sparked angry protests around the country.

The plane was carrying 49 passengers and five crew members. Five children, including two infants, were among the passengers. THE ASSOCIATED PRESS

## ARCHAEOLOGY

## Ancient mass grave suggests massacre

Scientists say they have found rare evidence of a prehistoric massacre in Europe after discovering a 7,000-year-old mass grave with skeletal remains from some of the continent's first farmers bearing terrible wounds.

Archaeologists who painstakingly examined the bones of some 26 men, women and children buried in the Stone Age grave site at Schoeneck-Kilianstaeden, near Frankfurt, say they found blunt-force marks

to the head, arrow wounds and deliberate efforts to smash at least half of the victims' shins — either to stop them from running away or as a grim message to survivors.

"It was either torture or mutilation. We can't say for sure whether the victims were still alive," said Christian Meyer, one of the authors of the study published Monday in the journal *Proceedings of the National Academy of Sciences*.

THE ASSOCIATED PRESS

## SOUTH AFRICA

## Appeal filed against Pistorius

Prosecutors pushing for a murder conviction against Oscar Pistorius filed papers at South Africa's Supreme Court of Appeal on Monday, four days before the Olympic runner is expected to be released from prison and moved to house arrest.

Court registrar Paul Myburgh confirmed the prosecution's papers had been filed. Lawyers for the double-amputee runner have until Sept. 17 to file their response ahead of a hearing in November.

Prosecutors want a panel



Oscar Pistorius THE CANADIAN PRESS/THE ASSOCIATED PRESS FILE

of judges at the Supreme Court to overrule a decision

by another judge to acquit Pistorius of murder for killing girlfriend Reeva Steenkamp in 2013. Pistorius was instead found guilty of culpable homicide, or manslaughter, for shooting Steenkamp through a toilet cubicle door in his home.

He was sentenced to five years in jail, but is expected to be released from the Kgosi Mampuru II prison in the South African capital Pretoria on Friday after serving 10 months of that culpable-homicide sentence.

Because of his good behaviour, the 28-year-old Pistorius can be released on probation to serve the remainder under house arrest.

Prosecutors announced their intention to appeal Judge Thokozile Masipa's decision shortly after Pistorius' months-long trial last year.

They said Masipa made an error in interpreting the law when she cleared Pistorius of murder and found him guilty instead of an unintentional but still unlawful killing.

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**PAYING TRIBUTE 18 DIE IN BOMBINGS** People attend a vigil Monday for government minister Shuja Khanzada, a Taliban opponent killed Sunday in suicide attacks in Lahore, Pakistan. Police say the toll in the bombings has risen to 18. K.M. CHAUDARY/THE ASSOCIATED PRESS

## EASTERN UKRAINE

## 9 die in fight, despite ceasefire

A night-long artillery exchange in eastern Ukraine between government troops and Russia-backed rebels claimed nine lives on Monday, casting doubt on the already shaky ceasefire.

The fighting between Russia-backed separatist rebels and Ukrainian government troops in the country's industrial heartland eased after a truce was signed in February. But despite pledges to withdraw heavy calibre weapons from the front lines, both sides seem to be engaged in recent heavy fighting.

The conflict has killed an estimated 6,400 people since April 2014, according to the United Nations.

The rebel mouthpiece Donetsk News Agency said artillery fire killed three people in a front line town of Horlivka and two in the rebel capital of Donetsk. Ukrainian officials reported two civilian deaths

on their side, in a suburb of Mariupol on the Black Sea. The Ukrainian Security and Defence Council also reported two troops killed and six injured overnight.

The shelling on Monday came after failed talks between Ukraine, the rebels and the Organization for Security and Cooperation in Europe which were supposed to agree on further steps to withdraw weaponry.

President Vladimir Putin, who met representatives of various ethnic communities in the Russia-occupied Crimea

on Monday, did not comment on the recent shelling. But he used the opportunity to claim that the current Ukrainian government is not free to make its own decisions.

Putin has alleged that Kyiv's decisions are heavily influenced by Western powers including the United States.

Russian Foreign Minister Sergey Lavrov on Monday said the uptick in shelling could be the beginning of a new Ukrainian offensive.

"We're worried about events of the recent days, which look very much like preparation for fresh hostilities," he said.

OSCE observers warned Saturday about heavy weaponry that has gone missing after it was withdrawn from the front lines. The OSCE monitors were denied access to two locations in rebel-held areas where heavy calibre weapons were supposed to be kept. THE ASSOCIATED PRESS

**“We're worried about events of the recent days.”**

Sergey Lavrov, Russian Foreign Minister

## IN BRIEF

### Boyfriend accused of murdering granddaughter of Morgan Freeman

The boyfriend of Morgan Freeman's granddaughter has been arrested in her fatal stabbing on a New

York City street.

Lamar Davenport was arrested on a murder charge Monday, a day after actress Edena Hines, 33, was found with stab wounds to her chest outside her Upper Man-

hattan apartment building.

Freeman issued a statement saying, "The world will never know her artistry and talent and how much she had to offer."

THE ASSOCIATED PRESS

# Anti-terror law sparks concerns

## EGYPT

## Rights groups call sweeping new bill too draconian

Egypt's president has approved a far-reaching anti-terrorism law that establishes stiffer prison sentences for terror-related offences, heavy fines for journalists who publish "false news" and a special judicial circuit for terrorism cases.

Authorities claim the measures will halt attacks by Islamic militants and stop the spread of their ideology, but the new restrictions have prompted concern from rights groups and even some Egyptian politicians and senior judges.

The 54-article bill, signed into law Sunday night by President Abdel-Fattah el-Sissi, offers an extremely broad definition of terrorism, describing it in one article as any act that disturbs public order with

force. Some charges, such as leading or organizing a terrorist group, carry the death penalty.

The law also prescribes heavy prison sentences for a range of crimes, including promoting or encouraging any "terrorist offence," as well as damaging state institutions or infrastructure, such as military or government buildings, courthouses, power and gas lines, and archaeological sites.

Egyptians lived under so-called "emergency laws" for decades that gave police sweeping powers, encouraging a culture of excess and brutality among security forces, something that partially inspired the 2011 uprising against longtime autocrat Hosni Mubarak.

The law was suspended after his overthrow.

Rights activists say the new anti-terrorism law is even more

draconian than the emergency laws, and note that police under el-Sissi have already begun to act with the impunity of the Mubarak days, torturing detainees and denying them basic medical services in overcrowded prisons and police holding cells.

The government denies these charges and insists that offenders do not go unpunished, but policemen rarely face prosecution, and even fewer serve time.

Mohammed Zaree, Egypt program manager at the Cairo Institute for Human Rights Studies, said the government has already been acting without restraint in its crackdown on dissent. He described the new law as "a covert emergency law."

"Now they can go after anyone," he said.

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**“Now they can go after anyone.”**

Mohammed Zaree, rights advocate

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## FOOD SAFETY

## Throw out cooked wings, Safeway says

Safeway is recalling several varieties of store-packaged, cooked chicken wings over concerns they may be contaminated with a toxin-producing bacteria.

Various flavours of the Safeway wings are part of the recall, which includes package dates up to and including Aug. 14.

The products were sold in Safeway stores in British Columbia, Alberta, Saskatchewan, Manitoba and Ontario.

The Canadian Food Inspection Agency (CFIA) says there have been no reported illnesses associated with consumption of the products.

Anyone who has purchased the suspect wings should throw them out or return them to

Safeway.

The food inspection agency says it is investigating.

Food containing the *Staphylococcus* bacteria may not look or smell spoiled, and the toxin produced is not easily destroyed at normal cooking temperatures.

Common symptoms of *Staphylococcus* poisoning include nausea, vomiting, abdominal cramping and fever. In severe cases, there may be headaches, muscle cramping and changes in blood pressure or pulse rate.

The CFIA says the recall was triggered by the manufacturer. The agency says it will notify the public if other high-risk products are recalled.

THE CANADIAN PRESS

# Greek government to face confidence vote

## BAILOUT DEAL

## About-face on austerity has angered party lawmakers

Greek Prime Minister Alexis Tsipras is likely to call a confidence vote in his government after the country's third bailout deal with international creditors sparked a rebellion within his party, one of his ministers indicated Monday.

Expectations of a confidence vote, which could lead to early elections, heightened after last Friday's parliamentary vote in favour of the 86-billion-euro (\$93 billion US) three-year bailout passed thanks to opposition support. Dozens of lawmakers in Tsipras' Syriza party dissented. Without the bailout, Greece faces defaulting on its debts and eventually being forced out of Europe's joint currency, the euro.

"I consider it self-evident, after the deep wounding of the parliamentary majority and in particular of the parliamentary group of Syriza, for there to be a move that at least approaches the issue," Energy and Environment Minister Panos Skourletis told Skai television when asked about the possibility of the government calling a confidence vote.

Skourletis added that early elections may also be necessary in light of the instability.



A man and a woman in Greece's northern port city of Thessaloniki walk in front of graffiti depicting euro coins. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

The government has said its current priority is securing the bailout funding, which it needs by Thursday to meet a large debt repayment to the European Central Bank, and that any further decisions on the political situation will be taken from then on.

In order to secure the bailout deal, Tsipras reneged on the promises that saw his radical-left Syriza party win January elections. Syriza's coalition government with the small nationalist Independent Greeks was premised on a pledge to repeal austerity measures tied to Greece's two previous inter-

national bailouts.

Instead, after months of floundering negotiations with international creditors, the government accepted demands for steep tax hikes and deep spending cuts.

The about-face has angered an increasing number of Syriza lawmakers, including such prominent members as former ministers of finance Yanis Varoufakis and energy Panagiotis Lafazanis. Both voted against the government.

Last week, Lafazanis — who was replaced as minister in a reshuffle last month after opposing the government in a

previous bailout-related vote — and another 12 left-wing politicians announced they were creating a new anti-austerity movement, although Lafazanis stopped short of quitting the party.

Despite his U-turn, Tsipras has remained popular and is believed to be well-placed to win a forthcoming election. Although no opinion polls have been published since the end of last week when Greece's third bailout was finalized, previous polls showed his party enjoying a wide lead over opposition parties.

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A woman is shown working on a laptop, with a small inset image of a person's face.

## HEDGE FUNDS

## Citi affiliates settle SEC charges

Two Citigroup Inc. affiliates have agreed to pay \$179.5 million US to resolve U.S. federal regulators' charges of misleading investors in hedge funds that later collapsed.

The Securities and Exchange Commission (SEC) announced Monday the settlement with Citigroup Alternative Invest-

ments, a subsidiary of the bank, and Citigroup Global Markets, an affiliated company. The amount they're paying — \$139.9 million US plus \$39.6 million US in interest — will be returned to investors in two hedge funds managed by the firms.

The SEC said the firms sold securities in two hedge funds

from 2002 to 2007, raising nearly \$3 billion US from mostly wealthy investors or institutions. The agency says the fund managers falsely told prospective investors they were low-risk and similar to bonds.

The hedge funds collapsed in 2008 during the financial crisis.

THE ASSOCIATED PRESS

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## metro's election explainer

### Fair Elections Act makes voting trickier for some. Here's how:

Last year, the Conservatives passed the Fair Elections Act. The most divisive aspect of the wide-ranging legislation, which came into effect in December, is its tightening of voter-ID requirements on election day.

The government's rationale was that the stricter rules would end "risky practices that are prone to errors and irregularities," but critics contend that the practical effect will be to disenfranchise marginalized populations — students, the elderly, homeless voters, indigenous peoples — who tend not to support the Tories.

#### The new rules

- **Vouching:** Voters with proper ID could formerly "vouch" for a fellow voter's identity. The new law ends that practice, citing 2011's Neufeld Report, which suggested there were "irregularities" in about a quarter of vouching cases. There appears to be no record, however, of fraudulent voting actually taking place.

- **Voter-info cards:** Voters were allowed on election day 2011 to present the info cards they received in the mail from Elections

Canada as valid ID. The Fair Elections Act puts an end to that too. Each voter is now required to provide identification that specifies both their name and their address, which means that the 20 per cent of Canadians who don't have drivers' licenses will likely need to present two pieces of ID — for example, a health card and a phone bill.



**The potential impact**  
The lawyer who led a

so-far-unsuccessful effort to secure an injunction against the act has said that former B.C. chief electoral officer Harry Neufeld (of the Neufeld Report) estimates 250,000 would-be voters will be unable to cast ballots this year, with many more having difficulties in doing so.

#### The leaders' reactions

Liberal Leader Justin Trudeau has said that, if elected, he'll repeal or "repair" the "terrible piece of legislation."

NDP Leader Tom Mulcair has said the Fair Elections Act makes it harder for "whole classes" of Canadians to vote.

The election explainer is dedicated to keeping urban Canadians informed ahead of the Oct. 19 vote. Look for it in this space throughout the campaign. Let us know what needs explaining: [readers@metronews.ca](mailto:readers@metronews.ca)

## There's light at the end of the traffic jam

### YOUR RIDE

Jay Smith



This has been a nightmare of a summer for driving. Construction season has been hellish. Between the wholly chewed-up downtown, (the) Ice District and new LRT lines, the inexplicably still-sunk hole on Argyll, fixings to the Queen Elizabeth II, and the semi-permanent closure on 106 Street, summer has been less about the idyll and more about the idle.

As a friend posted online, "By the time they finish the fakin Henday we'll have colonized the new earth and won't need it anymore."

Yet you could also say that Edmonton is full of optimism. We're building the city of our dreams. Take our current Transportation Master Plan: our 10-year goal for transportation is uplifting stuff — on paper, at least. It says we

should be encouraging walking, cycling and other modes of "active" transport; to ensure this can be done safely; that we need reliable public transit; that we should build liveable communities in environmentally sustainable cities.

All good, right? But the quirk is that it's so difficult to connect ideals with our actual experience.

Take my road rage-y moment when I was driving to our nearest library and encountered the confusing block (which, at the time, was poorly signed) on 106 Street. This "pilot project" shutdown is meant to permit Pleasantview to be the sort of community where, say, parents aren't afraid to let their children walk to the park because of traffic.

Who would say this is a bad idea? Well, on that afternoon, I might have.

I spoke with Fiona Slessor, a member of the committee who helped design the pilot project. Turns out I'm not the only one to feel annoyed.

She confesses she's "exhausted" by the anger and aggression she's seen since the partial road closure went into place over the August long weekend. Stressing that it's a pilot project, which the city has already tinkered to make access easier for local residents, she wants to focus on the positive. (Plus, the closure will not be permanent without concrete results and review.)

"There's the sense that it's about satisfying a few residents who live along the roads," she explains. "But it's not just about the people who live on the roads, it's about the safety of those who bike on the road, cross the road or walk beside the road."

Yet despite these reasonable goals — which are values echoed by the city, and presumably many of us, too — Slessor says the community has witnessed an incredible backlash from those who used 106 as a shortcut. She describes aggressive drivers deliberately racing through

the neighbourhood, people driving the wrong way on the portion that gives local access and road rage.

"It's really disconcerting to me to see how aggressively people have been trying to circumvent what's been put in place."

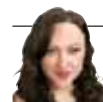
On Twitter, one infuriated commuter even called for a motorcycle rally to pass through the neighbourhood, loudly, to protest the closure. The thought that this punishment is somehow deserved — and that an impromptu crew of citizen motorcyclists is appropriate — is bewildering. It seems the rally never occurred. But when stuck in traffic, feeling the surge of irritation rise within, it's an absurd image worth thinking about.

Building the city we want requires patience and perspective, not misplaced anger.

Jay Smith is a writer who has cycled, walked and run on Edmonton's streets and pathways her entire life.

## metroview

### We're going off the rails on a Schumer train



Liz Beddall  
Metro|Toronto

I've done my share of celeb-blasting, but never have I been met with the kind of objection that I now hear when I talk about my bafflement surrounding the Amy Schumer phenomenon.

Even my most like-minded comedy aficionados seem scandalized when I tell them I interpret the success of the Schumer brand as akin to the proliferation of Facebook memes: obvious and simplistic snippets of humour that in the best-case scenario make you say "Ain't it the truth," but offer no takeaway value.

It's worth mentioning that I might have a little too much in common with "Amy," Schumer's profane and hyper-sexualized alter-ego whose exploits are documented in YouTube videos, standup specials and Trainwreck, her recent Judd Apatow-directed rom-com. I'm a 31-year-old Tinder regular, former binge drinker, Cheetos consumer, rampant sexter and tampon user.

And in the course of finding my footing as a female in the world, I have been known to self-consciously counteract the horrifying prospect of being unappealing to the opposite sex by portraying myself as aggressively

promiscuous, emotionally unavailable and chaotically unladylike.

From the outside it reads as brave, but the root of it, at least on my end, comes from a defensive, dishonest place.

It's exactly because I relate so readily to "Amy" that I'm perplexed by audiences' positive responses to her. I see a female who is taking the safe path rather than the one less travelled, relying on stereotypically masculine behaviour for a reaction rather than broadcasting a unique, intelligent, stand-on-its-own sensibility.

If Amy and her fans want me to see a self-aware deconstruction of post-modern femininity, they're going to have to explain how that squares with the end of Trainwreck.

As with many films in the Apatow repertoire, the drug humour and penis commentary of the first act clunkily give way to a moral lesson worthy of Henry James. We find out that Amy does in fact want to be in love and have a family and that her wild-child bravado is futile self-delusion.

The glitches in the Schumer machine are showing here, but as I see it, they've been showing all along.

Much like a viral video that offers little more than a temporary chuckle, Schumer's body of work is destined to be relegated to the caboose of our comedic canon.

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by Jason Logan

THE CRUELEST LIES ARE OFTEN TOLD IN SILENCE.

ROBERT LOUIS STEVENSON





**Clinical psychologist Jason Moser** G.L. KOHUTH

## PSYCHOLOGY

# Scientists develop game to reduce anxiety

To help people focus in an increasingly distracting world, a research team came up with a surprisingly simple game that starts by reducing anxiety.

Such brain-training games exist in abundance, although the U.S.-based research team says no proof of their effectiveness exists.

Yet they managed to demonstrate that their own game — which involves identifying shapes — kept players focused

and reduced their anxiety.

“Down the line we could roll out an online or mobile game based on this research that specifically targets distraction and helps people stay focused and feel less anxious,” says lead author Jason Moser, an associate professor of clinical psychology at Michigan State University.

Springboarding off the idea that anxious individuals are easily distracted by objects that stand

out from others like them, the research team’s game almost ironically requires paying attention to such objects.

In the study, Moser and his team compared participating players of opposing anxiety levels as they performed a focus task.

Identifying a designated shape in a series of shapes that had one common aspect — such as colour, for example — seemed to increase their focus.

To test whether this was true, the research team tasked them with a distracting exercise in which shapes of different colours joined the sequence.

Players were not distracted by this exercise despite the fact that it was designed exactly for that purpose, according to Moser, who credits the focus task.

“There have been other studies of video game-type interventions for anxiety,” says Moser,

“but none have used a specific and simple game that targets distraction.”

The study was published in the journal Behavior Therapy.

While the game has yet to become available on the commercial market, anxious individuals are commonly advised to meditate. Mounting evidence indicates the practice not only reduces anxiety, it sharpens the mind.

AFF

# Tetris blocks addiction: Study

## RESEARCH

## Game reduced drug, food and sex cravings in participants

Just three minutes of playing Tetris on a smartphone could abate cravings for drugs, cigarettes, alcohol, coffee, food, sex and even sleeping by as much as one fifth, according to a new study.

The same research team that did this study in a lab last year was able to replicate the results outside the lab this year. They published their findings in the international,

peer-reviewed journal Addictive Behaviors.

“Playing Tetris decreased craving strength for drugs, food, and activities from 70 per cent to 56 per cent,” says co-author Jackie Andrade of Plymouth University in the U.K.

“This is the first demonstration that cognitive interference can be used outside the lab to reduce cravings for substances and activities other than eating.”

Working with 31 students between the ages of 18 and 27, the researchers surveyed the students’ cravings, reminding them by text message seven times a day to report to the researchers any cravings and

whether or not they actually gave into them.

Additionally, they encouraged the students to report any cravings they might feel between text prompts.

In all cases the students were asked to report what they were craving and just how much they wanted it on a scale between zero and 100.

Participants were asked to admit whether they had been drinking alcoholic beverages at the time of the reporting.

Among the participants,

15 of them had been asked to play Tetris using an iPod for three minutes after each text message prompt.

Cravings data from the other 16 participants was used as a baseline to find out just how much Tetris makes a difference.

Thirty per cent of the time, the students reported cravings, and two-thirds of these claims involved cravings for food and non-alcoholic beverages.

Substances classified as drugs such as coffee, ciga-

rettes, wine and beer accounted for 21 per cent of the cravings reported.

Sixteen per cent of cravings were for sleeping, playing video games, socializing and sex.

“The impact of Tetris on craving was consistent across the week and on all craving types,” says co-author Jon May, also of Plymouth University.

“People played the game 40 times on average but the effect did not seem to wear off.

In fact, Tetris-playing students kept their cravings at bay throughout the seven-day experiment, according to the study.

“This finding is potentially important because an intervention that worked solely because it was novel and unusual would have diminishing benefits over time as participants became familiar with it,” says May. AFF



**People played the game 40 times on average but the effect did not seem to wear off.**

Jon May, Plymouth University researcher





# WHO picks Toronto MD for global role

## PREVENTATIVE MEDICINE

### Doctor to guide women's cancer care in developing nations

A Canadian oncologist has been appointed by the World Health Organization to help create guidelines and programs to provide earlier diagnosis and treatment of cancers that are killing more women in developing countries each year.

Dr. Ophira Ginsburg, a clinician and researcher at Women's College Hospital in Toronto, takes on the new role in Geneva on Oct. 1.

Ginsburg said she's honoured to be chosen for the new post, especially since it's been her life-long dream to work on programs that can improve the lives of women and girls around the world.

"I would like to play a part in guiding the World Health Organization, our partners and the countries that are asking for our advice to serve the needs of the hundreds of thousands of women

who each year die unnecessarily of breast and cervical cancer," she said in an interview.

Much of her work will involve working with a team to help build cancer-control programs for women in low- and middle-income countries, who have an elevated risk of dying from breast or cervical cancer compared to women in developed countries.

"We are delighted to have one of our very own scientists take on this prestigious new position at the WHO," Dr. Paula Rochon, vice-president of research at Women's College, said in a statement.

"Dr. Ginsburg will be involved in an important initiative to help build policy and programming for women's cancers, an area that she has been passionately dedicated to through her research and advocacy work."

In low- and middle-income countries, breast cancer is a rapidly growing problem, said Ginsburg, primarily because women are increasingly adopting a westernized diet and sedentary lifestyle that promote obesity — a major risk factor for breast cancer.

## URGENT NEED

Most developing countries don't have the health-care infrastructure in place to provide routine testing for early diagnosis of breast or cervical cancer.



Oncologist Dr. Ophira Ginsburg, a researcher at Women's College Hospital, has been appointed to a major new post at the World Health Organization in Geneva. CONTRIBUTED

Cases of cervical cancer — mostly caused by infection with human papillomavirus, or HPV — are also rife in these countries, where routine PAP screening to pick up precancerous lesions is often unavailable.

Research has shown that extreme poverty, compounded by gender inequity, often limits a woman's ability to seek care.

Ginsburg, who has led breast-cancer research projects in Ban-

gladesh, said she also hopes to partner with international agencies working on HIV-AIDS, a disease that has ravaged parts of Africa and South Asia and compromises the prognosis of women also infected with HPV.

"If you are HIV-positive and you are infected with HPV, you're much more likely to develop invasive cervical cancer and die from it," she said.

THE CANADIAN PRESS

## WELLCOIN

### New app pays you to get fit (and sleep!)

When you're trying to start an exercise routine, any incentive is helpful. How about getting paid to get off the sofa? Wellcoin, a new app (free; iOS and Android) created in Boston, bills itself as the world's first health currency, which aims to fatten your wallet while you're slimming down.

"Wellcoin was founded on the premise that rewarding people for easy-to-adopt, positive behaviours can help create lasting lifestyle changes," says Dr. Glenn Laffel, one of the founders of Wellcoin who's worked at Brigham & Women's Hospital in Boston.

The idea is that exercise isn't the only way to be healthy, and that each new better-for-you habit is a step to wellness that will ramp up as you use the app.

"Wellcoin invokes a broad, welcoming, inclusive view of health and wellness," adds Laffel.

**How it works:** Do something good. Tell Wellcoin. Profit! If you already use a fitness tracker like FitBit, that data can be used to verify your exercise claims (yes, there's built-in accountability) so you get more points than just

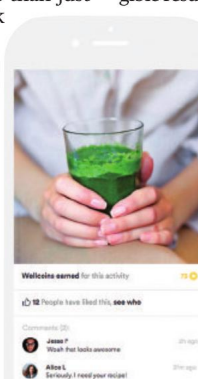
Wellcoins, good habits from getting enough sleep (at least seven hours per night) to preventive checkups (even vet visits for your pets). Ditched your daily Diet Coke for a water with lemon? That counts!

Activities are worth between 1 and 180 Wellcoins, which are awarded based on several factors, including a time element that works both now (how long you spent doing the activity) and later (what is its impact on your health in the long term).

**What can you get:** The app has partnered with more than 65 businesses, including Reebok, Whole Foods and Pure Barre to reward its members for completing healthy activities. Wellcoins can be used through the app's marketplace for everything from gear (the Puma Pulse XT Geo Women's Training Shoes for 20,000 Wellcoins) to discounts (\$10 off at Dick's Sporting Goods, 2,000 Wellcoins) and more.

**Why it works:** The benefits of a healthier lifestyle can take a long time to appear, or produce intangible results — does the prospect

of a daily green juice have you dancing to the groove of the blender? Probably not. Wellcoin provides immediate rewards, not just through the free wellness swag but also a community of supporters all making the same small changes and cheering each other on. EVA KIS/METRO IN NEW YORK



**We are delighted to have one of our very own scientists take on this prestigious new position at the WHO.**

Dr. Paula Rochon, VP of research at Women's College

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# Ball control

ROMANCE

## Rihanna shows offence is the best defence in dating game

**Emily Laurence**  
Metro | New York City

Off the court, Memphis Grizzlies player Matt Barnes has no game. Barnes has been using social media to try to woo Rihanna, but she is not feeling it.



#shesnotthatintoyou  
#shesnotthatintoyouatall  
#shesneverevenmetyou  
#defamationofcharacter

Rihanna

After Barnes Instagrammed his crush on the pop star and said on video to TMZ that hooking up with Rihanna was a “real possibility,” Rihanna Instagrammed a screenshot of the video captioning it “#bishwhere #the-devilisaliar #shesnotthatintoyou #shesnotintoyouatall #shes-

neverevenmetyou #this-actuallyhurtsmyfeelings #defamationofcharacter.”

Barnes commented on the photo saying, “Hahaaa wow.”

A seven-hashtag rejection? Wow is right.



SEX TAPE

## Jenner-ous offer?

Kylie Jenner certainly doesn't shy away from flaunting her bod on Instagram, but would she ever consider doing porn?

Vivid Entertainment seems to think so. TMZ reports that the porn film company sent Jenner a letter promising her \$10 million in exchange for a sex tape of her and boyfriend Tyga.

“Kim's sex tape helped

launch her career and (this) would be nothing but positive for you,” the offer letter reportedly says.

Apparently, the porn industry has been counting down the days for Jenner to turn 18 and she's gotten multiple million-dollar-plus deals.

This is the world we live in, people. EMILY LAURENCE



ASSAULT

## Hirsch behind bars

Actor Emile Hirsch began serving 15 days in a Utah jail Monday after pleading guilty to misdemeanor assault for putting a female studio executive in a chokehold and body-slammng her at a nightclub during the Sundance Film Festival.

The Into the Wild star told a judge he was sorry and was learning to take responsibility

for his actions, saying he has no excuse for what happened Jan. 25 at Tao Nightclub in Park City.

Hirsch, 30, was intoxicated and taking medications when he dragged the woman across a table, according to police and prosecutors. Hirsch's deal with prosecutors also calls for a \$4,750 fine and 50 hours of community service. THE ASSOCIATED PRESS

### IN BRIEF

#### Morgan to host SNL

Tracy Morgan is coming to Saturday Night Live as guest host on Oct. 17.

His appearance also promises to be a coming-out party for the former SNL cast member and star of 30 Rock, who has been recuperating from injuries he suffered in a June 2014 crash that also killed a fellow comedian when their limousine was hit by a Wal-Mart truck on the New Jersey Turnpike.

NBC also announced that on Oct. 3, Miley Cyrus will return as host for a third time to kick off the 41st SNL season. On Oct. 10, Amy Schumer will make her debut. THE ASSOCIATED PRESS

#### Broken hearts club

Ever since ex-One Directioner Zayn Malik ended his engagement with Little Mix's Perrie Edwards via a text message three weeks ago, she's been getting a lot of support from her friends and fans.

But she recently she received a phone call from someone she didn't expect: Harry Styles. But Styles wasn't moving in on Malik's girl — come on, now — he was calling to check on Edwards to make sure she was doing OK.

A source tells the Daily Star that Styles really understands what it's like to have a broken heart because his girlfriend dumped him when he was 14.

While an eighth-grade breakup isn't quite the same as ending an engagement, we're loving that Styles breaks the bros-first rule to check up on Edwards. What a guy!

EMILY LAURENCE



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BLACK LIVES MATTER

## Today Show silences message

“We will not be silenced,” Janelle Monae told everyone watching her on the Today Show, right before she was silenced.

The singer performed her song, Hell You Talmbout, which is a tribute to victims of racial violence and then started to give a speech

on police brutality and racism, but the show cut her off before she finished what she wanted to say.

Here's what she was able to get in:

“God bless America! God bless all the lost lives to police brutality.

“We want white America to know that we stand tall today. We want black America to know we stand tall today.”

EMILY LAURENCE

**“We want white America to know that we stand tall today. We want black America to know we stand tall today.”**

Janelle Monae





# LEARNING CURVE

## Mature students face their anxieties

When you hear “university student”, you probably think of a bright-eyed youngster, fresh out of high school. But if you’re a student that doesn’t fit that mold, campus life can feel like navigating a rainforest full of exotic wildlife. I know, because I’ve done it.

As a 31-year-old coming back to university after several years, I felt a little bit like Matthew McConaughey in *Dazed and Confused*: I’d gotten older, but everyone else had stayed

the same age. I wondered: Can I actually do this? Cheryl Shook is an instructor with the University of Toronto’s Academic Bridging Program, which helps students who’ve been out of high school for several years integrate into a university setting. She says performance anxiety is a common theme for older students.

“They’re fearful that they’re not going to be able to measure up, they’re not going to be able to do the work they see the younger students doing,” says Shook. “The mature student is worried that they won’t remember, or that they never learned in the first place.”

As a transfer student (with prior post-secondary experience), I was in a bit of a different boat, but still had those anxieties.

Fifteen years removed from high school math, my head was swimming within the first week of my calculus class. I thought of quitting.

But I buckled down and got help from my professor — who, it turns out, was younger than me. I also hired a tutor and created cue cards so my wife could help me study every night. Shook says that’s one advantage older students have: they know when and how to seek assistance.

“Life has told them that there is help out there,” says Shook. “They’ll be more vigilant in finding that academic or personal support, and they will access it.”

But I had it relatively easy, with a light course load, no kids and an accommodating work schedule. For others, the transition can be much tougher.

“The time management issue for mature students is more complicated, because their lives are more complicated,” says Shook. “They have family obligations, they might have longer commutes, they might have financial obligations, which means they might



SHUTTERSTOCK

have to work more hours.”

But Shook says that balancing their busy lives can actually help older students be more productive academically.

“They learn from experience that they need to not wait until the last

minute,” she says. “Generally they get organized a lot quicker than students coming in from high school.” I ended up doing better in my courses, at age 31, than I’d ever thought possible — maybe even better than if I’d taken them at 18. —DANIEL SQUIZZATO

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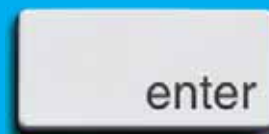
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SHUTTERSTOCK

# Start focusing on your career

When it was time for Kari Morrison to head back to school to pursue a career, she was not at all surprised that her artistic abilities would translate well in the engineering CAD technician diploma with process piping specialization at Digital School Technical Design College.

"I have loved drawing from the time I first

picked up a pencil, started exploring art, then later playing with computer design programs," says Morrison. After committing four years in a career in the insurance industry that she had "fallen into", she knew it was time to switch directions. Morrison says she chose Digital School for a number of reasons.

"As a young single mother, the traditional route of a two to four year program with large class sizes wasn't conducive to a busy life," she says.

"The smaller class sizes that Digital School offers allows for a more personal educational

and allows for more instructor support so that the condensed program doesn't become overwhelming." But most importantly, she says the one-year program allows her to start focusing on her new career now, instead of waiting another year.

"This has allowed me to fast track to my long term goals," says Morrison.

For those individuals like Morrison and are looking to get into a career in CAD, be sure to check out the Digital School Open House on Aug. 27 from 3 p.m. until 7 p.m. For more information, visit [digitalschool.ca](http://digitalschool.ca).

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With shortages expected to increase in both public and private sectors, candidates who possess strong techniques and work experience will have a significant advantage over others.

Reeves College's Health Care Aide program offers technical hands-on training through practicum placements in assisted living and clinical care settings, which allows students to develop and master their skills in real-world situations prior to entering the workforce.

Programs and courses are also conducted with smaller class sizes. By doing so,



CONTRIBUTED

instructors will become more accessible, which will allow them to address students' questions and provide feedback immediately.

The student-focussed environment also promotes effective communication and collaboration through intimate classroom discussions.

Choosing the right college that can offer you the support and student-focussed environment you need can help maximize your education and career.

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# Robertson is committed to your career

When going back to school, getting a degree or diploma may seem like the hard part, but the hard part really begins when it comes time to enter the workforce.

To make the transition a little bit easier, Robertson College has their Career Services department to assist any past or present Robertson College student looking to take the next step towards their chosen career path.

"It's not just about getting the "core" training of an occupation — your diploma will get you as far as an interview," says Preet Dhami, Career Services counsellor.

"It is the intangibles that get you the job and how you advance in the organization."

Dhami says on average, 50 per cent of students get hired through the practicum that has been set up for them through their program, while many other student and graduates seek out Career Services.

"While not officially tracked, I am sure that students working with us find employment more quickly than those that attempt to secure work alone," says Dhami.

"Our network is the main difference and access to it opens up many more doors for a graduate seeking employment."

Whether a student is brand new to Robertson College or alumni, these services are available to any past or present student — for life.

Career Services are also a great option for those students and graduates looking to navigate a new Canadian work place.

"Our school attracts students who were professionals overseas and now settled in Canada," says Dhami.

"Many come to Robertson College so they can obtain employment in similar fields they had back home."

The Career Services department offers a number of services, including resume refreshing, mock interviewing, review of job search techniques, promoting available positions through job postings, and connecting students with businesses that they may not have known was an employment option for them.

As of July 21, Robertson College graduates have reported that 85 per cent of students are finding employment within three months of graduation, with the overall employment statistic at the six month graduation mark at 90 per cent.

For more information about the Career Services department, visit [robertsoncollege.com/student-services](http://robertsoncollege.com/student-services).



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# Enter a high-demand career

The Bow Valley College legal assistant diploma program is a fully online program offered through eCampusAlberta and is a high-demand career path for Albertans interested in the legal support services field.

For graduate Michelle Ellis, the online option allowed her to complete the program

while working full time and managing her family.

"I have achieved the highest education for a legal assistant, and now I am recognized as a qualified legal assistant in the law firm that I work at," says Michelle Ellis, one of the first ever graduates of this legal assistant diploma program.

"The diploma has not only provided an educational background for my role in the firm but it has given me the confidence to realize I am capable of doing a good job."

Courses of this program cover a broad range of law topics, including litigation, commercial law, real estate, family law, corporate law,

wills and estates, and criminal law as well as keyboarding, communication, legal document and information processing, and law office procedures. For Ellis, she looks forward to pursuing further education in the future through eCampusAlberta.

"The learning will never stop and as long as I have the means then I will make it happen," says Ellis.

Bow Valley College is a contributing member of eCampusAlberta. eCampusAlberta is a consortium of 26 Alberta publicly funded post-secondary institutions.

Learn more about how online learning can click for you at [ecampusalberta.ca](http://ecampusalberta.ca).

NATIONAL

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In a career as dynamic as a paralegal, relying solely on classroom learning is not enough. CDI College's Paralegal program provides students with a comprehensive training program that combines theory with practice so that students can obtain the on-the-job experience they need to become competent and reliable professionals.

"Hands-on training is better than traditional methods because it gives you better experience," says Nicole G., a CDI College graduate.

Instructors at CDI College are also seasoned industry professionals so they can share their personal trials and experiences with students as well as walk them through various field-related questions or concerns they may have.

Paralegals are a necessity in every sector, let it be business or health care or art and design, which is why these professionals are in such high demand. According to the Government of Canada, the "unemployment rate



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is relatively low in this field." With the job outlook projected to continually increase over the next few years.

"CDI College has changed my life by helping me get a career earlier than I thought I would be able to," says graduate Roxanne G. "I would definitely recommend this program to other people looking to start a career in my field."

Train to become a valuable member of the legal community at CDI College's Paralegal program. Call 1-800-360-7186 or visit [study.cdicollege.ca](http://study.cdicollege.ca).



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## Encouraging learning environment

For Academy of Learning Career College student Mary Claire Bradshaw, it was her love of creating that drew her to the web designer program.

"I chose this program to make a change in my life and study to do something I would enjoy," says Bradshaw.

With experience taking photos for websites in the past, Bradshaw is hoping to combine both of her loves of photography and web design into a full-time career once she has completed her program.

When it came to choosing a place to pursue this passion, Bradshaw had already holds a bachelor of science degree from a large university and was not interested in invested another multiple years towards her education.

So for her, Academy of Learning's flexible scheduling was hard for Bradshaw to resist.

"I really liked the flexibility of making my own hours for this program because it allows you to have a real life outside of school."



SHUTTERSTOCK

While in the classroom, Bradshaw says it is refreshing to have such caring facilitators who are there if you have any questions.

"When you're surrounded by such encouragement, it rubs off on how you do in school," says Bradshaw.

To learn more on what Academy of Learning has to offer or to check out any of the campuses, attend the Aug. 27 Open House (all locations), from 3 p.m. until 7 p.m.

For more information, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

## MAKE A DIFFERENCE IN THE LIVES OF OTHERS

The community support worker (CSW) certificate program at Excel Academy has been designed for anyone who wants to make a difference in the lives of others, and who wishes to challenge themselves in their professional life.

"This is an affordable, 17-week program which includes both class and practicum to allow learners to connect theory with hands on experience," says Janet M L Bauer, B.Ed. instructor and program coordinator of the CSW program at Excel.

"Students also complete a portion of their training online, which gives them the opportunity to learn from some of the leading mentors in the field."

The CSW program was designed in consultation with partner agencies and shareholders to develop the values and attitudes necessary for excellent community support work.

Once students have successfully completed this program, they will graduate with a slate of professional development courses, including Standard First Aid/CPR and medication administration, which are required



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by many employers in the field.

In the short time that the program has been offered with the new curriculum and format, Excel has developed an excellent reputation and employers are coming to them to offer practicum placements and looking to hire. For more information, visit [excelacademy.ca](http://excelacademy.ca)

## Career Services to help with your next step.

Whether you are a first-time job seeker or an experienced individual making a career change, our **Career Services** team is here to help you prepare for the job search process.

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## IN BRIEF

### Cardinals grind way to victory over Giants

Rookie Stephen Piscotty tripled and scored the go-ahead run on Mark Reynolds' groundout in the eighth inning, and the St. Louis Cardinals beat the San Francisco Giants 2-1 on Monday night.

The run came a little too late for Michael Wacha, who allowed one run in seven innings with six strikeouts but missed a chance to become the majors' first 15-game winner.

Yadier Molina hit his third homer leading off the fourth for St. Louis. The Giants tied it on Brandon Crawford's two-out RBI triple in the sixth.

The Cardinals have won nine of 12, ended the Giants' four-game winning streak, and lead Pittsburgh by six games in the NL Central. THE ASSOCIATED PRESS

### AL East rivalry sparks new Sportsnet viewer record

Sportsnet says an average of 2.03 million viewers tuned in to Friday's game between the Toronto Blue Jays and New York Yankees, making it the most-watched program in the network's history.

In a release, Sportsnet says audience levels peaked at 3.14 million in the bottom of the ninth inning of the Jays' 4-3 loss.

Sportsnet says its previous most-watched program was the 2014-15 NHL season opener between the Montreal Canadiens and Toronto Maple Leafs, which delivered an average audience of 2.01 million.

THE CANADIAN PRESS

### Redskins prez: Name won't change to help get stadium

Washington Redskins president Bruce Allen made clear Monday the team would not reconsider whether to change the team's nickname if it became a political barrier to building a new stadium in the nation's capital or elsewhere.

The club currently plays at FedEx Field — which opened in Landover, Md., in 1997 — and has started exploring sites for a new facility, even though its lease there runs until 2026. THE ASSOCIATED PRESS

# Tulo in a curious spot

## BLUE JAYS

### All-star in a slump as leadoff hitter for new team

As dazzling as he can be on the field, Troy Tulowitzki betrays little emotion off it. In fact, the Blue Jays' new star shortstop has a baseball cyborg quality about him. Efficient and banal. So when the topic of his current slump is broached, he is neither defensive nor particularly forthcoming.

"I mean, it's baseball," he said. "You're going to go through stretches when you're not swinging the bat particularly well. It's one of those things you just keep on working, showing up to work every day and putting in the work and hoping that pays off."

If you hadn't noticed, that's three variations of "work" in one sentence. The work is what Tulowitzki seems to love more than the game itself. He said as much at his introductory press conference three weeks ago ("As soon as the game's over it's not time to celebrate," he said then. "It's time to look forward to the next game.")

As Sunday's questions persisted beyond a minute or two, his answers became more curt and clipped, a clear sign he was growing impatient. Like when he was asked how he feels hitting in the leadoff spot, something he had never done in his career before joining the Jays, he says: "It's good. I enjoy it."

His eyes searched for the next question, while his clenched expression suggested he wasn't being entirely truthful.



Troy Tulowitzki has suggested that he's been robbed of hits by solid defensive plays.

RICK MADONIK/TORSTAR NEWS SERVICE

But who could blame him for being less than thrilled with his unfamiliar spot in the batting order? He is still searching for his first hit when leading off a game. In 16 tries, Tulowitzki has reached base all of three times on a pair of walks and one hit-by-pitch.

Aside from his stellar debut on July 29 — when he homered and added a pair of doubles — Tulowitzki hasn't hit much at all since arriving in Toronto a few days before the July 31 trade deadline. Since Aug. 1, he's hitting just .180, and if you remove

# .219

Tulowitzki's batting average (14-for-64) since joining the Blue Jays on July 29

Sunday's sun-aided double, he has just two extra-base hits this month, both homers. He has struck out 16 times in 75 plate appearances since joining the Jays and his strikeout rate for the season is higher than it has

been at any point in his career.

Make no mistake, Tulowitzki is still putting together decent at-bats. He is drawing walks at a fair clip and has reached base one out of every three trips to the plate since the trade. He may not have been rewarded for his efforts on Friday night, but his epic, 12-pitch duel with Yankees closer Andrew Miller to end the game was a master class in how to battle a tough pitcher. So he hasn't looked out of place or overmatched by any means. And his batting average on balls in play this month is a paltry .200

## VIDEO

### CC P.O.'ed in T.O.: Shouting match was a 'bad decision'

Yankees pitcher CC Sabathia says he "flipped out" and made a "bad decision" for getting involved in a shouting match outside a Toronto nightclub over the weekend.

TMZ posted video Monday showing Sabathia hollering in a crowd of people early Saturday.

Sabathia's scheduled start at Yankee Stadium on Monday night against Minnesota was pushed back a day, with Bryan Mitchell pitching in his place. Manager Joe Girardi said AL East-leading New York had already planned to alter their rotation before he became aware of the incident and that it had "nothing" to do with switch.

Police were called to the scene, but the 35-year-old Sabathia was pushed into a taxi by some friends and family and wasn't detained.

THE ASSOCIATED PRESS

— nearly 100 points below the league average — which suggests he has been at least partly a victim of bad luck. "There's some hits out there I haven't got because there's some good defence," he suggested Sunday.

Tulowitzki's lengthy track record — an .882 on-base percentage plus slugging percentage over the last decade — suggests he won't slump for long. Jays fans are hoping he breaks out sooner rather than later.

TORSTAR NEWS SERVICE

# Hutchison demoted to triple-A

The Blue Jays have sent right-hander Drew Hutchison to triple-A Buffalo a day after he pitched Toronto to a win over the rival New York Yankees.

Hutchison pitched 6-2/3 strong innings at Rogers Centre on Sunday in Toronto's 3-1 victory that avoided a three-game Yankees sweep.

Hutchison is 12-2 in 24 starts this season, but has been inconsistent, especially on the road, and has a 5.06 earned-run average.

# 9.00

Hutchison's ERA on the road in 11 starts this season. At home he boasts an ERA of 2.57.

The move comes as Toronto looks to shorten its starting rotation in preparation for a run at the American League East title. The Jays entered Monday a

half-game back of the Yankees for the division lead.

Toronto also recalled infielder Matt Hague from Buffalo to replace recently demoted reliever Aaron Loup.

Hague leads the International League with a .348 batting average, 83 runs batted in, a .427 on-base percentage and 161 hits.

The Jays said a roster move to fill Hutchison's spot on the roster will be made Tuesday.

THE CANADIAN PRESS



Manager John Gibbons, left, pulls Drew Hutchison from Sunday's game against the Yankees. Hutchison earned his 12th win of the season on the day. CARLOS OSORIO/TORSTAR NEWS SERVICE



## RECIPE Chicken Enchilada Won ton Cups



### EAT LIGHT AT HOME

**Rose Reisman**

rosereisman.com

@rosereisman

These "pop in your mouth" appetizers are delicious and can also be served as a light lunch with a side salad. Makes 12 cups.

### Ready in

Prep time: 15 minutes

Cook time: 13 minutes

### Ingredients

- 12 won ton wrappers
- 1 1/2 cups diced cooked chicken breast or thigh (leftover or rotisserie)
- 1/3 cup medium or hot salsa
- 1/4 cup diced green onions
- 1/4 cup chopped cilantro
- 1/2 cup grated Monterey Jack cheese or Old Cheddar
- 1/4 cup diced avocado
- 1/4 cup diced tomato

### Directions

**1.** Preheat oven to 350 F. Place won ton wrappers in 12 mini-muffin cup pan. Spray with vegetable oil, bake for eight minutes or until lightly browned.

**2.** In a mixing bowl, add chicken, salsa, green onions and cilantro. Fill won ton cups with chicken mixture. Divide cheese over top. Bake for another five minutes. Garnish with avocado and tomato.

### Nutrition per serving

- Calories 68
- Protein 6 g
- Carbohydrates 5 g
- Fibre 0 g
- Total fat 2 g
- Saturated fat 0 g
- Cholesterol 14 mg
- Sodium 166 mg

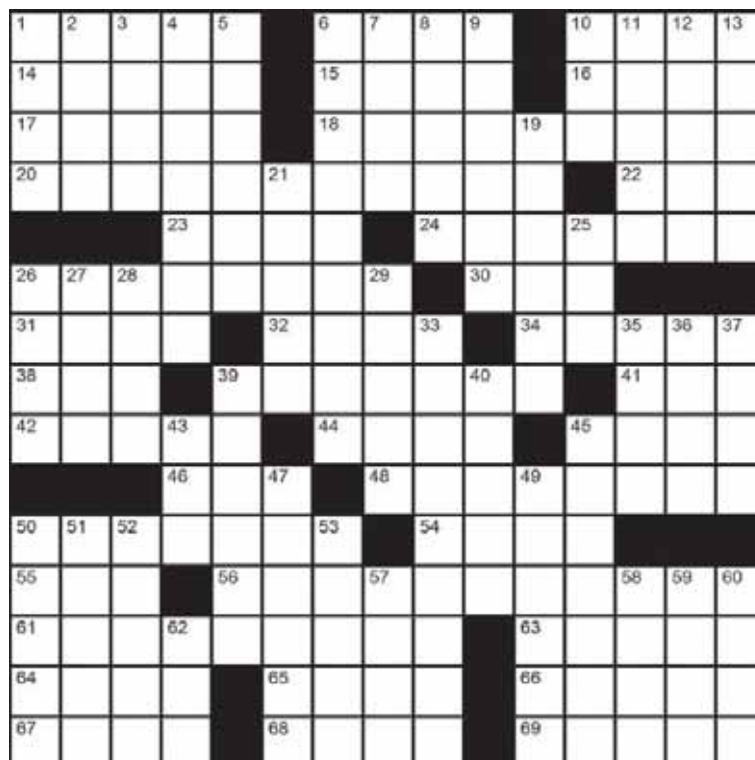
PHOTO: ROSE REISMAN

## CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

### ACROSS

- 8th Greek letter
- Newspaper piece
- Some slitherers
- Got word
- \_\_ Strauss & Co.
- Country legend Mr. Atkins
- Boo-boo
- 'No jeans' policy: 2 wds.
- Quebec's provincial tree: 2 wds.
- Mr. Tolkien
- Faux-teller
- University fee
- Became less tolerable: 2 wds.
- Patch up
- Do as Simon says
- John Keats creations
- Egyptian water lily
- \_\_ Tin Tin
- Super enthusiastic
- Andy Capp's wife
- Montreal subway
- Cirneco dell'\_\_ (Dog breed)
- Bash
- Advantages
- Unique
- Casablanca's locale
- Hospital readout
- Mr. Vigoda
- Frightful forest in the Anne of Green Gables story: 2 wds.



- Billowy bed blanket
- Avant-\_\_
- TV producer Norman
- Soprano's solo song
- Saskatchewan village between Regina and Saskatoon

- Spot
- Church's sounder
- Overbrims

### DOWN

- 1970 Carpenters hit: "(\_\_ Long to Be) Close to You"
- Roll call re-

- sponse
- "My Name Is \_\_"
- Streetcar
- Skillful
- Celebrating 60 Years... Nickname of the Angus L. Macdonald that spans Halifax Harbour: 2 wds.

- Actress Ms. Gilpin
- Tennis ace, Chris \_\_
- \_\_ Throw (Decathlon event)
- T.O. Raptors home venue
- Screen in Japanese decor

- Peter, in Spain
- Shock jock Howard
- Canadian \_\_ (Region of rocks)
- Kind of mackerel, shrub or joyful shout
- Deuce
- Earth crawler
- Off-Broadway theatrical award
- Monthly apartment money
- Mr. Ginchich's
- Left-handed
- Non-stick pan brand
- Uma's role in "The Producers" (2005)
- Glide
- Boss
- \*NSYNC-er Mr. Bass
- Duran Duran hit
- Boat's upper edging
- Sacred beetle
- Techie device
- Twin-crystal
- Some instruments
- Do cartography work again
- Eccentric
- Actor, \_\_ Patrick Harris
- "Be Quick \_\_ Dead" by Iron Maiden
- Lamar who married Khloe Kardashian in 2009
- Mountain \_\_ (Some soft drinks)
- Cook with a pan

## ★ IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20  
Try not to be so open about your plans. Do you really need to tell everyone what you intend to do? Keep your aims and ambitions to yourself.

**Taurus** April 21 - May 21  
Jupiter in the most creative area of your chart makes it easy for you to think big but some of your ideas may be a bit out of touch with reality. Limit yourself to just thinking. Doing could be costly!

**Gemini** May 22 - June 21  
No matter how many great ideas you have, what's the point unless you actually do something with them? Do something special, something that gets you noticed.

**Cancer** June 22 - July 23  
Something remarkable will happen and you must be ready. It is tailor-made to meet your needs, so prepare yourself to move fast when the time comes to act.

**Leo** July 24 - Aug. 23  
Take extra care today, especially when socializing, travelling and taking part in artistic activities. Be confident and enthusiastic but don't believe that nothing can go wrong because that's when it will!

**Virgo** Aug. 24 - Sept. 23  
Some people may not approve of what you do, but why care? Your confidence is high and you won't hesitate to ruffle a few feathers if that's what it takes to get noticed.

**Libra** Sept. 24 - Oct. 23  
If something positive happens today, it could have a negative side to it as well. And if something bad happens it could also be positive in some way. Take it all in your stride.

**Scorpio** Oct. 24 - Nov. 22  
Think deeply about things you have taken for granted up until now. It will force you to realize that you don't live in a vacuum — what you do in your life touches others as well.

**Sagittarius** Nov. 23 - Dec. 21  
If you want to bring something new into your life you will have to get rid of something old. That is the message of the stars today and if you follow it there is no limit to what you can accomplish.

**Capricorn** Dec. 22 - Jan. 20  
If you cut corners today you will have to pay for it in some way. You may think you can get away with anything but don't be so sure. Play safe and play by the rules.

**Aquarius** Jan. 21 - Feb. 19  
Everything you say and do affects the world around you and if you bear that thought in mind today you will influence events far beyond your immediate environment. Whether that is for "good" or for "bad" remains to be seen.

**Pisces** Feb. 20 - March 20  
You cannot go back and change the past. The only thing that matters now is what happens next and that is entirely within your control. Be positive.

### CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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